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## 23. Review Results with Your Doctor Using Worksheet 4

*Complete Worksheet 4. My Objective Mito-Audit: Lab Ranges and Clues with your recent lab results. Use this worksheet to select results and questions you want to discuss with your doctor. Bring both worksheets to your visit.*

*If you do not have your results and your tests are not scheduled, use Worksheet 22. Ask Your Doctor for Lab Tests Using Worksheet 4. If your tests are already scheduled, return to this worksheet when the results are available.*

### Results I Want to Discuss

Use Worksheet 4 to choose up to three results that:

- Fall outside your laboratory's conventional range.
- Fall outside a functional optimal range listed on Worksheet 4.
- Have changed since your previous test.
- Raise another question or concern.

1. Test: \_\_\_\_\_ My result: \_\_\_\_\_

Why I want to discuss it: \_\_\_\_\_

2. Test: \_\_\_\_\_ My result: \_\_\_\_\_

Why I want to discuss it: \_\_\_\_\_

3. Test: \_\_\_\_\_ My result: \_\_\_\_\_

Why I want to discuss it: \_\_\_\_\_

### Questions I Want to Ask

[ ] What does this result mean when considered with my symptoms and health history?

[ ] Could a medication or supplement be affecting this result?

[ ] Is this result worth watching or repeating?

[ ] Would another test help explain this result?

[ ] Does a result outside the functional optimal range matter for me?

[ ] What can I do to improve this result?

[ ] When should we review it again?

[ ] Something else (specify): \_\_\_\_\_

### What My Doctor and I Discussed

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From: ***The Power to Age Well: An Action Guide to Mitochondria & Healthy Longevity***

*A full-sized, printable copy of this resource is available at:*

***IntelligentLivingForever.com/Worksheets.*** Look for the title of this worksheet.

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